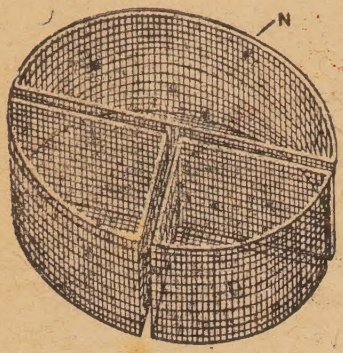
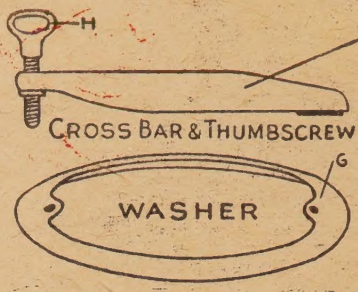
THE ART OF PRESSURE COOKING

PRICE 6D.

Spare Parts, with references as quoted on Pages 8—10 of Instructions and in Price List.



BASKET CONTAINERS



GRID USED AS STRAINER.

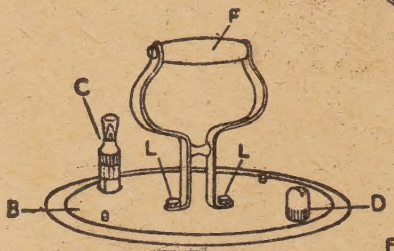
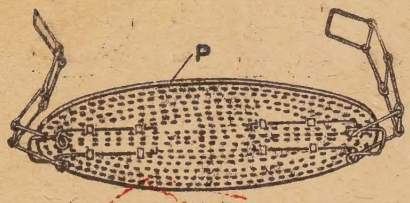
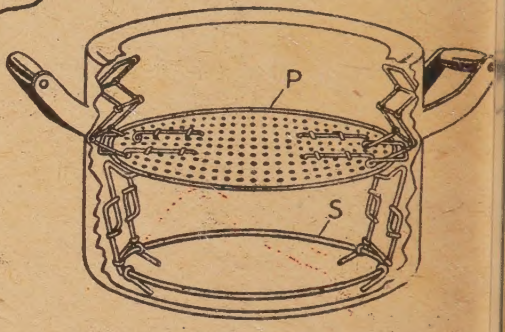


FIG A



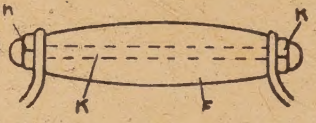
COMBINED GRID & STRAINER

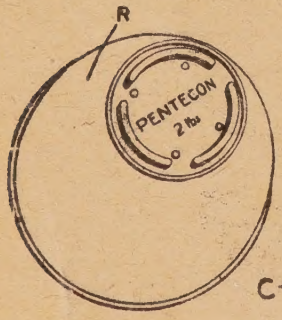


GRID RING IN POSITION FOR USE

WIRE SPOON

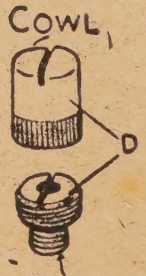
SECTION OF WOODEN HANDLE



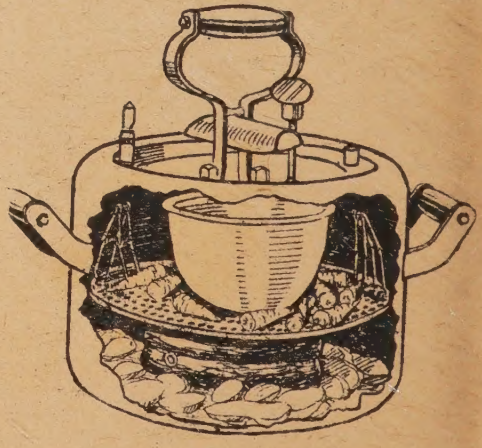


PUDDING BASIN

WHISTLE



FUSIBLE SAFETY VALVE



SECTION OF COOKER SHOWING COMPLETE MEAL COOKING WITH ASSISTANCE OF GRID & PUDDING BASIN.

22501246416

ca. 1947

The Art of Pressure Cooking

EVER since our forefathers discovered that meat became more palatable after it had been held in the heat of a fire than when eaten raw, there has been continuous research in methods of cooking. Nevertheless, progress was only quietly steady until comparatively recent years. It is not so long ago since cooking in front of or on an open kitchen fire or in a coal oven represented the latest high-water mark of knowledge.

Then people began to realise that food was something more than just so many nice-looking things to be eaten solely to satisfy hunger. We began to choose our foods with a new object. We had learnt that certain foods cooked in a certain way play quite specific parts in building up our bodies and ensuring good health. And good health had by this time become recognised as one of the most valuable assets any human being could possess.

Simultaneously there had come a necessity for more speed in preparing meals. Life is a much faster and more strenuous affair than it used to be, and there is a correspondingly greater desire for more leisure and more comfort. Our womenfolk—who constitute the overwhelming majority of the world's cooks—quite rightly demanded better and better utensils to enable them to prepare the family meals not only more quickly and with greater comfort than before, but also with a greater guarantee that the food they were spending so much effort upon would be as nutritious as possible.

Pressure Cooking is the very latest application of knowledge to this all-important topic of eating. It is not a fad or the product of a cranky inventor's mind. It would be more correct to describe it as a simple but perfected method of applying a very old principle.

USING JAMES WATTS' INSPIRATION IN A NEW DIRECTION.

When James Watt held down his kettle lid and discovered that the steam within possessed hitherto-unrecognised power, he revealed a principle which the modern Pressure Cooker uses in a different way. He led his powerful steam out of his kettle to make it move pistons. The Pressure Cooker keeps the steam inside the vessel in order to prevent wastage of food nourishment and to speed up the cooking processes.

Until Pressure Cooking came along, it was taken for granted that a very large proportion of the heat used to bring food to the cooked stage—whether in ovens or lidded pots—must escape without doing any real work. Various excellent devices were invented to give the cook a measure of automatic control of the heat in gas and electric stoves but the open nature of the oven or the utensil still remained. It was regarded as essential and unavoidable. Consequently, not only was heat being consumed uselessly and expensively but many of the valuable health-giving elements in the foods were being lost by evaporation or by being " boiled out " into the cooking liquid.

The Pressure Cooker is changing all this. It is a vessel capable of being hermetically sealed. The food inside is, in a sense, " bombarded " by intensely concentrated heat-pressure, none of which can escape until its appointed time.

BEATING THE COOKING SPEED RECORDS.

This development in cookery science achieves remarkable results. By preventing the escape of the steam, the whole process of bringing food to the eating stage has been speeded up in really amazing fashion. Numerous articles of diet which in the ordinary way require hours of cooking can be ready to be consumed in a few minutes.

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PENTECONS are now used and supplied for such varied purposes, that it is now impractical to attempt to issue Booklets to cover all its many uses.

This Booklet was specially compiled for the guidance of domestic users, and the majority of recipes, although they might serve as a guide, may be of no practical use where the Pentecon is required for bigger scale catering.

Sufficient information, we believe is contained in the instructional matter on pages 7 to 10 inclusive, to give the user a working idea about the principles employed, and enable them to adapt the Pentecon to any special requirements.

Booklets are available where the Pentecon is now used extensively—"Producing Poultry Mash from Waste," and where it is required for "Fruit and Vegetable Preservation,"—we supply a Booklet issued by the Ministry of Agriculture and Fisheries (Grow-more Bulletin No. 3.).

WE DO NOT NOW INCLUDE THE DOMESTIC ACCESSORIES MARKET N.T.R.S. (illustrated below this slip) EXCEPT AS EXTRAS.

22501246416

ca. 1942

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Two examples that come to mind in this respect are Prunes and Ox Tail. The former which ordinarily require over-night soaking before being stewed, can be placed raw in a Pressure Cooker and turned out ready for the table in eight minutes. An ox tail, which the housewife rarely ventures upon because it means hours and hours of expensive fuel consumption, can be cooked in 20 minutes. And the Pressure Cooker does this so thoroughly that you can push your fork into the bones.

Roughly speaking. the Pressure Cooker produces properly cooked meals in about one-quarter to one-fifth of the usual time. This would be acceptable at all times, for of course, it means greater leisure for the hardworking housewife, and it may prove of special value when unexpected guests call at such a time that it would be impossible to entertain them to a satisfactory meal if one had to rely upon the ordinary methods.

ECONOMY PLUS NUTRITION.

The Pressure Cooker is thus not only extremely convenient but it also gives new and wide opportunities for effecting economies. Apart from cutting down fuel costs, the Pressure Cooker brings other means of saving within reach. For instance, there are numerous cheap joints and other things like pigs' trotters, necks, heads, etc., which the butcher offers for sale at attractively low prices. They are genuinely nourishing, too. Indeed, they are often better than some more expensive cuts. But the housewife usually turns away from them because they take so long to cook. That means heavy bills for gas or oil or electricity or whatever fuel she uses. In the end their " cheapness " has vanished.

This is where Pressure Cooking comes in again. It cooks these difficult meals so very quickly that the question of fuel cost does not arise. In ten to twenty minutes the Pressure Cooker does what ordinary methods take many hours to perform. Thus nutritious foods become available which one formerly had to neglect.

HOW THE PRESSURE COOKER WORKS.

There is a scientific explanation for what the Pressure Cooker accomplishes, but it is quite easy to understand. It is well worth grasping, too, for it helps towards getting best results.

Applying a flame under a sealed-up vessel effects two things. First, of course, it generates Heat inside, and this leads to the production of Steam which, as James Watt taught us, is really a form of concentrated pressure. Secondly, it uses that concentrated pressure to still further increase the internal heat. It has been proved that Steam Pressure raises the temperature far beyond the point to which the outside application of flame has lifted it. Consequently, the intensification of such pressure within a sealed-up vessel naturally pushes up the temperature very much faster than when the flame is under an open vessel. Hence the indisputable fact that foods cook in a Pressure Cooker in a fraction of the time needed for ordinary cooking.

Pressure Cooking, however, renders an even greater service than Economy and Time-saving. It provides food in a definitely greater health-giving state than any other form of cookery. The explanation is again quite a simple one. By cooking in a hermetically sealed vessel, you " keep all the goodness in."

THE VITAMINS MYSTERY.

People to-day have a much greater knowledge of food values than used to be the case. We know now that what used to be roughly classed as " the goodness" in what we ate consists of several clearly identified substances. These are grouped under such headings as Vitamins, Mineral Salts, etc.

We know quite a lot about the Soluble Salts, but these " Vitamins," which nowadays are literally " in everybody's mouth," are still rather a mystery. They were originally discovered in a somewhat romantic way. Chemists who were probing into the subject of food values found that although they were giving the test animals the proper proportions of fats, salts, proteins, etc., they were still not uniformly healthy. Then it was observed that the troubles afflicting these animals were almost exactly the same as those suffered by human beings who had been committing errors of diet. Study

along this new line brought out the previously unrecognised fact that certain foods contained in themselves certain substances essential to health. The scientists at first called these substances " Accessory Food Factors," but later on they were named " Vitamins." These Vitamins have been classified as A, B, C, D and E, and there is a fair amount of knowledge of what they do and where they can be found. But, curiously enough, nobody yet knows precisely what they are !

Anyway, by careful selection of certain Vitamins and Salts, etc., one can obtain " balanced meals " and thus go a long way towards freedom from disease or recovery from bad health. We shall go into this subject in more detail later in this book.

NATURE-AIDS WASTED.

The difficulty has been that although we could know with a good degree of certitude what health elements our foods contain, and their quantity, complete progress was baffled because allowance had to be made for the undeniable fact that in the course of cooking there was an enormous waste of these invaluable Nature Aids.

Pressure Cooking not only positively stops this wastage, it goes much further. It seals the Vitamins and other health elements into the food. These elements are, of course, invisible to the naked eye. Foods from which they are missing may still look quite as appetising. But under the microscope, or by analysis, many of the health-giving Vitamins will appear badly damaged and others destroyed completely ; and the mineral salts will be partially evaporated or entirely " boiled out."

These losses of the elements of physical fitness are inevitable when the more usual cooking methods are employed, and they imply no reflection upon the housewife's skill. It is impossible to prevent the soluble salts boiling out of vegetables into the water they have been cooked in. The steam that you see rising lazily from your open pan or loose-lidded pot is playing the part of a thief. It is stealing away lots of what we are accustomed to call " the goodness." The tumbling hot water or the bubbling fat in which you are boiling your vegetables or doing a roast is behaving like a careless station porter. It is knocking the Vitamins about—breaking them up and possibly rendering them utterly useless to your body.

PRESSURE COOKING SOLVES AN IMPORTANT PROBLEM.

It is a fundamental feature of the design of a Pressure Cooker that none of these things can happen. Every good cookery book will tell you that it is preferable to Steam vegetables rather than Boil them, because steaming avoids " cooking out " the soluble salts. But this method takes much longer time than the average woman can spare so it is rarely employed. Pressure Cooking is " steaming " under ideal conditions. It does the work in about one-fifth of the usual time—and does it better.

The Salts cannot boil out into the water in a Pressure Cooker because for one thing very little water is used, and for another the action of the steam under high pressure is to seal the salts into the food instead of drawing them out. The steam cannot steal off with the health giving properties of the food because the vessel is hermetically closed and nothing can escape during the cooking period. And the Vitamins cannot be damaged or destroyed because no movement whatever is taking place in the sealed-up vessel

COOKING SEVERAL FOODS AT ONCE.

It is important to remember this. The uniform pressure of the steam keeps everything quite still. The food does not bump about. There is no agitation of one item against another. So the meal comes forth eventually looking much more appetising than ever before—everything whole and sound—and with the Vitamins absolutely undamaged.

Those who use Pressure Cooking will probably prize this function of health-aid above all others. But, in point of fact, this method of cooking has even other peculiar advantages. For instance, one can put into the cooker several foods of entirely different flavours and cook them all at once without the slightest fear that one flavour will spoil another. You can cook strong-smelling onions or garlic in the same vessel that

contains, say, fish ; yet each will come out with its own distinctive character and flavour unaffected in any way.

The explanation is again the same as that given for preventing the loss of Vitamins, etc. The high pressure seals the flavours and juices into the foods and contamination is impossible.

COOKING BY AUTOMATIC WHISTLE TYPE PRESSURE GAUGE.

By no means the least interesting feature of Pressure Cooking is the ingenious manner in which the user is given easy control of the internal temperature that is doing all this valuable work.

A projecting whistle cover with screw action is fixed on the lid of the Pressure Cooker. Round the bottom of this movable cap are the numbers 1—2—3—4, and below on the fixed base is a red mark for lining up with the selected number.

No. 1 Setting gives 10-lbs. pressure 116° C. or 240° F.

Let us assume that you have put into your Pressure Cooker an item that by normal methods takes about half an hour to cook. By means that are fully detailed in later pages of this book, you will have ascertained that you have to set the whistle cap to, say, No. 1. That will probably mean that at the end of about eight minutes the steam within will reach the necessary pressure to blow through the whistle and emit the warning note.

Your cooker is thus reporting that its work is nearly done, so you screw down the whistle cap to stop the noise and you remove the Cooker from the flame.

The internal pressure will now die down because you are no longer forcing up the temperature from outside. When the vessel has been off the flame for as long as it took to set the whistle blowing (in this case it was about eight minutes), you should be able to remove the lid and take out the food, all ready to eat and looking delicious.

No special technical knowledge is necessary. Experience soon teaches you exactly what whistle settings will fit your particular type of fuel heat and apparatus.

SCOPE FOR SKILL, TASTE AND PERSONAL JUDGMENT.

It must, of course, be remembered that Pressure Cooking is not a sheer automatic process. **A careful study of the instructions in this book is strongly recommended.**

It is essential that the fuel and heating apparatus you use should be taken into account when you are working out your whistle settings. Just as you have to use a slightly different technique when you change over from a kitchen range oven to a gas cooker, or from an oil stove to an electric cooker so you must be prepared for some adjustments in your methods when you first use a Pressure Cooker.

You will also note that there are slight differences of procedure to employ when you are roasting as compared with Steaming. It is usually easier at first to make steamed meals in the Pressure Cooker, but the art of Roasting by Pressure Cooking is soon learnt and the results are really delightful.

The word " art " is by no means out of place. Pressure Cooking is as much an art as is cooking by any other means. There is quite as much scope for the home cook to use her skill, taste, and personal judgment. Indeed, mastery of the Art of Pressure Cooking can provide truly fascinating experiences of an entirely novel kind. And every member of the family—the men included !—becomes deeply interested.

Those who love Cooking for its own sake will find that Pressure Cooking opens up an entirely new field. Moreover, it saves time, it reduces costs, it is highly convenient and above all, it prevents the wastage of all the health elements which Nature injects into our bodies by the everyday process of eating.

Pressure Cooking can therefore be justifiably summed up in the expressive phrase, It keeps all the goodness in." In the chapter that follows, we present a brief guide to this " goodness "—the elements which constitute good health values.

Why we Eat

A Clear-language Guide to the Health Side of Cookery.

It is only of recent years that some of the complexities of the human body have begun to be understood and catered for from the Food angle. At one time, the things we ate were regarded solely as fuel to be cast into the human furnace to keep it going. Consequently, almost any sort of non-poisonous food was looked upon as sufficient so long as it was palatable.

Nowadays we know that eating is not as simple as all that. We have learnt that our bodies have cells, organs and tissues of innumerable kinds, all of which require nourishment in a different way. We have learnt, too, that Food contains all manner of chemical elements whose varying effects upon our body cells have been studied. We now know which things to eat to " do us good."

Modern research has divided our foodstuffs up into seven groups of Health Elements. These are :—

(1) Proteins.
(2) Carbohydrates.
(3) Fats.
(4) Salts.
(5) Water.
(6) Roughage.
(7) Vitamins.

Let us take each one separately and note just as much as anyone needs to know for ordinary purposes.

PROTEINS.

Description and Purpose.

Proteins are very complex constituents in all human tissues and cells and show considerable variation. Their Chief function is to build up the body.

Food Sources of Supply.

Proteins are graded and those in Meat are of higher value than those in vegetables. They are present in Meats, Eggs, Milk, Fish, Cheese, Green Vegetables, Cereals, etc.

CARBOHYDRATES.

Chief value is to give Muscular Energy and help the consumption of the necessary Fats. The most important Carbohydrates are Starches and Sugar.

Most Cereals, Peas, Beans, Carrots, Potatoes, Fruits, Honey, Malted Barley, Sugar, etc.

FATS.

They supplement Carbohydrates in supplying Heat and Energy.

Fats of Meat, Fish, Milk, and Nuts. Vegetable fats are as useful as Animal Fats.

SALTS.

Calcium is essential for all tissues and for bone-forming. Shortage causes Rickets. **Iron** enables the Blood to convey oxygen from lungs to tissues. **Iodine** feeds the thyroid gland which in turn exercises very serious control over other parts of the body. **Phosphorus** acts as Nerve tonic.

Milk, Cheese, Eggs, Vegetables and Cereals for **Calcium.** Yolk of Eggs, Milk, Meat, Green Vegetables, and Wholemeal for **Iron.** Eggs, Meat, Cheese, Oatmeal, Milk, and Green Vegetables for **Phosphorus.**

VITAMINS.

These inherent qualities in certain foods cause chemical reactions in our bodies though they themselves remain unchanged. Vitamin A promotes growth and prevents Rickets. Vitamin B builds up Protein and prevents Beri-Beri. Vitamin C prevents Scurvy. Vitamin D is growth promoting, similar to Vitamin A. The purpose of Vitamin C is not yet fully established.

Vitamin A is in Cod Liver Oil, Egg Yolk, Carrots, Liver, Beef and Mutton fat, Green Vegetables, Herrings and Mackerel, Milk and Bananas. Vitaminr B is in Yeast, Wholemeal, Cereals, Dried Peas, Lentils, Egg Yolk, Liver, Heart, Brains, Kidneys, Nuts and Potatoes. Vitamin C is in Oranges, Tomatoes, Raw and cooked Vegetables, Fruit, Potatoes and Milk. Vitamin D is in Fats, Raw Vegetables, Butter, Milk, Cod Liver Oil, Liver and Eggs. Vitamin E is found chiefly in Vegetable foods.

WATER.

A healthy person requires a minimum of three pints of water per day. There is water in most foodstuffs, but as much as possible should be consumed in liquid form, in Milk and other drinks. People leading an active life, and children need more water than those of sedentary habits.

ROUGHAGE.

Roughage (chiefly cellulose) provides stimulus to the bowels and is obtained from certain indigestible parts of such foods as Salads, Figs, Dates, Prunes, Green Vegetables, Oatmeal and Wholemeal Bread.

GENERAL DIET HINTS.

Do not try to measure out the " salts " for your diet in any special amounts. For practical purposes you are all right for these if your diet contains Milk, Cheese Eggs, Meat, Oatmeal, Green Vegetables Salt and Salads. But see that these are actually still in the food you put on your table by conserving them by the Pressure Cooking method, rather than thrown down the sink in the cooking water as is otherwise usually the case.

It is estimated that about 4½oz. of Proteins are necessary per day to keep the tissues in proper repair.

Regularity in Meal-times is highly important.

Try to make your diet as varied as you can, but to provide the body with all it requires, you must see that each class of foodstuff is represented in proper proportions. This is what is known as a Balanced Diet. For instance, include some fruit juice in your Breakfast ; include Salad in your Tea meal ; and if you take Cheese for Supper, do not have Pastry, too.

It is earnestly recommended that this book should be carefully read before putting the Pentecon Wonder Cooker into use, afterwards keeping it carefully within reach for later reference. Points to remember printed on back cover.

In common with every other means, cooking does not commence until the contents of the Cooker have reached a temperature equal to boiling point approx., and where cooking times are mentioned, these refer to times taken, after this temperature has been reached.

The Principle of Pressure Cookers—of which the Pentecon is the original—is that foods are cooked by super-heated steam under pressure which is controlled by some type of variable valve. In the Pentecon, the Whistle serves this purpose. As the pressure increases, temperature correspondingly increases and the food cells are sealed by this higher temperature, conserving the food values as the foods continue cooking in their own moisture.

While this process is going on, heat is being absorbed and therefore you will understand that it takes longer to cook, say four pounds of potatoes than half a pound ; or similarily a four-pounds joint than a two pounds chicken. In common with other methods cooking only commences when contents reach a temperature equal to boiling point.

For this reason, the whistle will blow in less time with ½ inch of cold water in the Cooker than with 1 inch or more.

Another very important element is the amount of heat used. Gas pressures vary in different districts. And the efficiency of an Electric Hot Plate depends on its type and age.

These outside factors are not within our immediate control, and although we mention them, do not affect the efficiency of your Pentecon. They may cause some variations in cooking time and whistle settings, but after short experience these will automatically be understood.

In the Specimen Recipes, given in this book, the Standard Heat has been taken as the heat which will boil one pint of water (from cold) in an ordinary tin kettle in approximately three minutes, or will make the whistle blow on No. 1 setting in approximately six minutes.

FOR INSTANCE :—

A 4 lb. joint approximately 12 minutes.

A Steak and Kidney Pudding approximately 15 minutes.

A Stew for six persons approximately 12 minutes.

Therefore, if your heat is feeble it will take longer, but if your whistle blew before these times, it means your heat is too fierce and in that case you must REMOVE THE PENTECON FROM THE HEAT for two or three minutes and then return to heat until the whistle blows again with whistle set to original setting.

Speaking generally, if the contents of the Cooker are undercooked, it indicates that the heat is too quick, if overcooked, the heat is too low.

WHEN COOKING DO NOT TIME THE WHISTLE GAUGE.

When a Pressure Gauge is not fitted let the whistle be your indicator :—it must necessarily follow, that it will take longer to raise the temperature of a 4 lb. joint, than it would a 2 lb. joint, pressure does not arise until the contents of the Cooker, are relatively hot.

A very important item is that when the whistle blows, the Cooker must be immediately removed from the heat. Otherwise the hot bars of the Gas Stove or Hot Plate will generate further heat in the Cooker and cause the fuse to blow.

If a Gauge is fitted, work from the Pressure registered, as if your whistle is dirty, the Gauge is more reliable. The Whistle should be set and used as a warning, also as a steam release valve. See page ten for Gauge reading to correspond with whistle settings.

Should steam escape from the fusible valve, this part must be replaced. **It is not possible for the fusible core to be refixed by hand** as the metal used is a special alloy and your Pentecon can easily be damaged through any abuse of the fusible valve

If you have an Enamel Cooker you must not wash out with cold water until the Cooker is cold as the contraction of the steel body will flake the enamel surface. This fault is easily discernable, and we cannot be responsible for any damage thus caused.

We recommend that you should use the Cooker at first for steaming and stewing In order to get accustomed to the whistle settings and general working of the Cooker, after which roasting and the cooking of composite meals can easily be undertaken.

IT IS ESSENTIAL YOU STUDY PAGES 7 TO 10.

GENERAL INSTRUCTIONS

When you receive your Pentecon, it needs an initial cleaning. Place 1 inch of cold water in the Cooker together with an Onion. Set whistle to No. 1. When whistle blows, set to No. 2, and in the same manner to No. 3 and No. 4 respectively. Then remove Cooker from the heat amd let the stean out gently by *graduatly* unscrewing whistle to No. 1. This will serve the purpose of thoroughly cleansing every part of the Cooker, shaping up the Washer, and will give some practical idea of the whistle working.

THE WHISTLE VALVE TYPE PRESSURE GAUGE.

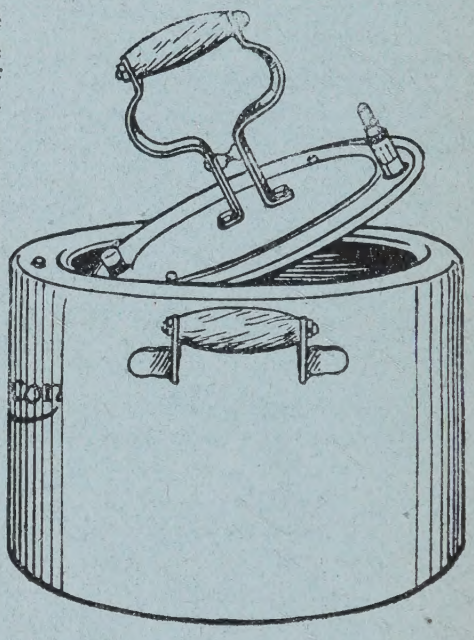
This is the most important part of the Cooker and too much emphasis cannot be laid on the importance of keeping its parts oiled and cleaned. The Spring and Plunger should be kept in an egg-cup of olive or similar oil. The Spring MUST NOT be tampered with. The Plunger must be inserted with the Mushroom Head downwards upon which the spring stands.

THE FUSIBLE VALVE. **KEEP YOUR WHISTLE CLEAN**

This is fixed to the lid for the purpose of allowing any pressure above a certain degree to escape, and so avoid damage to the body of the Cooker. The valve is a metal screw plug with an alloy core which when certain pressure is exceeded in the Cooker is forced upwards and out into the cowl. **This core cannot be replaced by hand and under no circumstances must the Valve be repaired. A new fusible must be purchased It is essential that the Cooker must not be used without the Cowl (Screw on cover) securely fixed on the fusible valve.**

ADJUSTMENT OF THE LID.

Place the Cooker on the table with the name towards you. This brings the broad lip of the opening also towards you. Lay the lid on top of the Cooker with the whistle on the far side so that the three handles are parellel to each other i.e., in line. Move the lid away from you until the near edge can be introduced under the broad lip. Draw the lip towards you, dipping the edge of the lid under the broad lip. This will allow the other edge to be inserted under the narrow lip. It is not necessary to tilt the lid considerably or for the edge of the lid to come in contact with the contents.



Give the lid a half-turn keeping the whistle away from you. Take care that the lid is as central as possible. Place the locking bar through the handle and the stud on the broad lip will then be found to be exactly under the screw. Now tighten the Thumb screw. No more than finger pressure need be used, but whenusing a new washer it is advisable to screw up more tightly.

SETTING THE WHISTLE GAUGE.

On the revolving top part of the whistle will be found the following numbers 1, 2, 3, 4, and F. On the fixed base of the whistle is a Red line. To adjust the whistle, screw down tight so that F comes opposite the red line and then turn back until the number required comes into line with the red line.

WHEN THE WHISTLE BLOWS, close it down to F immediately and move the Cooker AWAY FROM THE HEAT. It is not sufficient just to turn off your gas or electrici y—**the Cooker must be taken off the hot stove.**

Leave the Cooker unopened for as long as it took the whistle to blow, or **ten minutes—whichever is the shorter period of time.** Should pressure still remain in the Cooker this must be released by slowly unscrewing the whistle valve. Care must be taken not to unscrew the top completely from the base. Two complete turns are quite sufficient.

IT IS ESSENTIAL YOU STUDY PAGES 7 TO 10

If the food is not required for immediate serving, the Cooker can be left sealed for up to thirty minutes, except when cooking root and soft vegetables. These tend to discolour, if left in the Cooker too long, after the whistle has blown.

HEAT REQUIRED.

The Pentecon can be used on any heat which will boil a kettle in a reasonable time. The Enamel and Ordinary Plated models are suitable for every type of Stove other than Electric Hot Plates.

A special Plated Pentecon with a reinforced ground base is supplied specially for Electric Hot plate use. (*See Price List*).

LIQUID REQUIRED.

When steaming and stewing use cold water, except in the case of puddings. (*See* Recipes, pages 16 /17.)

When roasting or roasting and steaming together use fat only and *no water*.

PROCEDURE FOR STEAMING.

Place the requisite quantity of cold water in the Pentecon, insert the foods to be cooked either directly into the Cooker or into the Baskets or basins as the case may be. Set the whistle to respective number (*i.e.* 1,2 , 3 or 4), fix the lid, and place the Cooker on the Stove. When the whistle blows proceed as instructed in the paragraph " Setting the Whistle. '

Take care to use half an inch of water only, as this is sufficient for Vegetables, Fish. etc., and is all that is necessary for most steaming purposes. If large joints such as Briskets, large Suet Puddings etc., are to be steamed, use a little extra water, bringing it up to 1 inch.

PROCEDURE FOR ROASTING

Put into the Pentecon sufficient fat (or cooking oil) so that, when melted, it will produce a depth of 1 inch. This would be approximately 2 lbs. for No. 4, 2½ lbs. for No. 5 and No. 7, and 3 lbs. for No. 6 and No. 8. Be sure the Fat reaches boiling point before putting Joint in the fat. **The signs to look for are blue haze rising from the hot fat, or a complete stillness of the hot fluid after bubbling.**

IMPORTANT. It should be remembered that when cold foods are placed in boiling fat, this takes the fat off the boil, so it is essential that you wait for the fat to come back to the boil A SECOND TIME before affixing the lid.

Baste the joint until it is the required colour for serving. When roast Potatoes are required place these round the joint in the boiling fat. making sure that they have been thoroughly dried.

Should the joint be of a solid nature, reduce the heat slightly after fixing the lid. This allows the pressure to penetrate more slowly and ensures the joint being thoroughly cooked. Set whistle and proceed as for Steaming.

PROCEDURE FOR COMPOSITE MEALS.

Prepare Cooker as for Roasting. Insert the meat first. Fix Grid ring and place Grid thereon. This divides your Cooker into two sections the lower for roasting and above the Grid for Steaming. Again remember that when **roasting,** foods must be as dry as possible, but if dried cereals are being **steamed** these should be well soaked before cooking.

GREENS. It should be remembered that in Pentecon Cooking, you are cooking with a super-heated steam and if you desire the greens to be served up a bright green colour, it is essential that the greens be cooked ALONE. Also, they must not be left in the Pentecon for more than five minutes after the whistle has blown, otherwise they will tend to discolour.

PROCEDURE FOR STEWS, SOUPS STOCKS AND BROTHS.

To preserve the colour of the vegetables in Stews use only 1 inch of cold water and make up to the quantity of liquor required by adding boiling water after the lid is removed. Add at the same time any required thickening and colouring matter, seasoning, etc., pouring these in and thoroughly stirring while stew is simmering. For Soups Stocks and Broths commence with as much water as you require of completed stock, for there is no loss by evaporation.

DISCOLOURATION OF FOOD occurs in some circumstances through adding salt before the cooking process, outside conditions are sometimes responsible for this, district water, etc., Food can be seasoned effectively after the lid is removed.

IT IS ESSENTIAL YOU STUDY PAGES 7 TO 10

WHISTLE SETTING.

It will be found in each of the accompanying recipes that the whistle setting is mentioned and, whilst these necessarily cannot be complete, a comparison of the settings mentioned will give a good idea of the settings required for other dishes.

In addition you may select your whistle setting by the following table which is based on the time required for ordinary cooking :—

If ordinary Cooking requires ½ hour—set whistle to No. 1.
„ „ „ „ 1 „ — „ „ „ No. 2.
„ „ „ „ 2 „ — „ „ „ No. 3.
„ „ „ „ over 2 „ — „ „ „ No. 4.

When using the Pentecon on an Electric Hot Plate do not set the whistle beyond No. 3, and MAKE SURE the Pentecon is removed from the Hot Plate immediately the whistle blows.

It will be noticed that there are quite a number of exceptions to the above table. One of the most common of these is the cooking of Potatoes because they contain 60 per cent, water and therefore require a longer cooking period than foods containing less moisture. For instance, Potatoes which normally take about half an hour in ordinary cooking take in the Pentecon about eight minutes ; while Oxtail which normally takes in ordinary cooking, say, three hours only takes 25 minutes.

When two or three different kinds of food which require different periods for cooking are being cooked together in the same Cooker, the whistle is set for the one which requires the longest time.

The following list of approximate settings will be found useful :—

No. 1 for—Vegetables (soft only).
10 lb □" Pressure. —Fish (Steamed).
116° Centigrade. —Fruit (Soft).
240° Fah. —Macaroni.
—Tripe (Cooked).

No. 2 for—Chicken and Game (roast or steamed).
—Dried vegetables and hard fruit.
20lb —Potatoes (new).
126C —Lamb. (If large joint set whistle 3 or 4 according
259F to size).
—Veal.
—Dried cereals (Soaked.).
—Beef Tea (Meat cut very small).

No. 3 for—Old Potatoes or large Potatoes.
30lb —Beef (roast or boiled) up to 4 lbs.
185C —Stewed Meat.
275F —Tripe (Raw).
—Braised meats.
—Boiled fruit puddings.
—Steak and Kidney Puddings (where meat has been par-boiled previously on Whistle No. 2).

No. 4 for—Dried cereals (unsoaked).
40lb —Beef (roast or boiled) over 4 lbs.
142C —Broth.
288F —Stock.
—Stewing Steak.
—Shin Beef.
—Irish and other Stews.
And in general any food which normally takes a long time to cook.

DRIED CEREALS SUCH AS LENTILS, SPLIT PEAS AND BUTTER BEANS which have not been previously soaked MUST BE COVERED IN WATER.

IT IS ESSENTIAL YOU STUDY PAGES 7 TO 10

Specimen Recipes

FISH.

COD STEAKS.

Place the steak on grid in ½ in. cold water. Salt to taste. Set whistle to No. 2 High gas.

FRIED FISH.

Thoroughly dry fish, and place in Pentecon, in 1 in. boiling fat. Set whistle to No. 2. Medium gas. Chipped potatoes can be cooked with the fish. Take care to thoroughly dry potatoes, and do not fix lid for 1 minute to allow moisture to evaporate,

HALIBUT.

Wash and dry well then rub over with vinegar. Place on grid in ½ in. cold water. Salt to taste. Set whistle to No. 2. Medium gas. Serve with white sauce using the water used for cooking, adding finely chopped parsley.

HERRINGS.

Wash, clean and scrape the herrings, place on grid in ½ in. cold water, add 1 dessert spoonful vinegar and pinch of salt. Set whistle to No. 2. Medium gas. Serve with white sauce as previous recipe.

SALMON.

If frozen, thaw before cooking. Place on grid in 1 in. cold water. Salt to taste. Set whistle to No. 2. High gas.

SOLE.

Wash, but do not skin, place in Pentecon in 1 in. of milk and cold water in equal parts. Add a little lemon juice and pinch of salt. Set whistle to No. 1. High gas. Drain and serve with melted butter.

JOINTS AND POULTRY.

See Page 9, paragraph 4.

MAKING OF GRAVY. To make gravy after roasting follow usual procedure ; *i.e.*, after removing joint pour off fat from Pentecon gently over the narrow lip, this lip will trap a certain amount of the liquid which will be the meat essence and not the fat, make gravy from this in bottom of Pentecon in usual manner.

BEEF (Roast).

Boil about 1 in. of dripping or good fat in Pentecon. Dry joint by salting for an hour or with a cloth, and place in fat, brown as note above, fix lid. Set whistle to No. 3, or according to size of joint. Low gas.

CHICKEN (Roast).

Boil about 1 in. dripping or butter in Pentecon without lid. Place chicken on its back in boiling fat and baste for two minutes. Turn chicken over on its breast. Fix lid. Set whistle to No. 2 or according to age of bird. Medium gas.

Should the bird be a boiling fowl, place it first in the Pentecon in 1 in. cold water set whistle to No. 2, and when the whistle blows, do not screw down to F, but allow the steam to subside without touching whistle, then take the fowl out of the Pentecon, drain and dry and then follow the above process of roasting. Stand on grid out of water.

MUTTON OR LAMB (Roast).

Boil about 1 in. dripping in Pentecon without lid. Place mutton in and brown as *note* above. Fix lid. Set whistle to No. 3 or according to size of joint. Low gas.

N.B. When ordering leg of mutton have bone cut across at knuckle in order to insert in Pentecon more easily.

PORK (Roast).

Boil about 1 in. dripping in Pentecon without lid. Place in and brown as *note* above after turning, crackling should be at bottom. Fix lid and set Whistle to No. 4. Low gas.

VEGETABLES.

Note.—When cooking Pentecon way no soda should be used. Green vegetables left in Pentecon too long are apt to lose their colour. This is nothing more than a slight bruising of the outside filament and does not in any way affect the flavour or quality of the vegetables. To conserve the colour do not leave vegetables in the Pentecon more than 3 or 4 minutes after the whistle has blown. For the above reason green vegetables are more satisfactory cooked after the meat than at the same time as the meat.

BEANS (French and Kidney).

String and slice in usual way, place in Pentecon in ½ in. cold water, salt to taste. Set whistle to either No. 1 or No. 2 according to age. Use high gas.

BEANS (Broad).

After shelling place in Pentecon in ½ in. cold water, salt to taste, set whistle to either No. 1 for very young beans or No. 2 when of moderate size. If the beans are quite young the shells should not be thrown away, but cut in slices after cutting off and discarding outside edge. These shells cooked with the beans are both palatable and nutritious.

BEETROOT.

Wash thoroughly taking care not to break the skins, place in Pentecon with ¾ in. cold water. Set whistle to No. 3 or No. 4 according to size. Medium gas

BRUSSELS SPROUTS.

Wash thoroughly, cut across stems, place in Pentecon in ½ in. cold water, salt to taste. Set whistle to No. 2. High gas.

CABBAGE, SAVOY and CAULIFLOWERS.

Take off outside leaves. Wash thoroughly in salt and water, cross cut stalks, place in Pentecon in ½ in. of cold water, salt to taste. Set whistle to No. 1 if small young cabbage, or No. 2 if large cabbage or savoy. High gas.

CARROTS.

Wash and scrape. If very large cut them in half and then lengthwise into three pieces. Place in Pentecon in ½ in. of cold water, salt to taste. Set whistle for very young carrots to No. 2, for old carrots to No. 3. If carrots appear tough use low gas.

GARDEN PEAS.

Shell, place in Pentecon with a little mint, ½ teaspoonful salt and a pinch of castor sugar in ½ in. cold water. The whistle setting depends entirely on quality and age of Peas, ranging from No. 1 to No. 3.

ONIONS.

Peel and wash, place in Pentecon in ½ in. cold water. Salt to taste. Set whistle to No. 4. For extra large or old onions use low gas.

SUMMARISED RETAIL

PRICE LIST

OF

Pentecon Cookers

Spares and

Accessories.

JUNE, 1942.

Basis Prices are still the same as Pre-War.

TELEGRAMS : PENTECON ACC. 2856.

TELEPHONE : ACCRINGTON 2856.

PENTECON LTD.

Pressure Cooker Units for Canteens, Caterers and Communal Feeding, Pressure Sterilizers. for Fruit and Vegetable Preservation, Pressure Food Waste Convertors for Poultry and Animal Mashes, Autoclave for Surgical and other purposes.

HINDLE STREET WORKS, ACCRINGTON, LANCS.

Contractors to Admiralty, A.F.S., A.R.P., etc., etc.,

SUMMARISED RETAIL PRICE LIST.

SIZE	SPECIFICATION	PRICE £	PRICE s.	PRICE d.	TAX s.	TAX d.	TOTAL £	TOTAL s.	TOTAL d.
Size 4 Enamel or Plated	Without Clock Gauge and Accessories	2	15	0	6	3	3	1	3
	With Clock Gauge	3	10	0	7	10	3	17	10
	With Accessories	3	10	0	8	7	3	18	7
	With Clock Gauge and Accessories	4	5	0	10	2	4	15	2
Size 5 Enamel or Plated OR Size 4	Without Clock Gauge and Accessories	3	5	0	7	4	3	12	4
	With Clock Gauge	4	0	0	8	11	4	8	11
	With Accessories	4	0	0	9	9	4	9	9
	With Clock Gauge and Accessories	4	15	0	11	4	5	6	4

Size 4	With Accessories	4	0	0	9	9	4	9	9
Electric Hot Plate	With Clock Gauge and Accessories	4	15	0	11	4	5	6	4
Size 6	Without Clock Gauge and Accessories	5	15	0	8	4	4	3	4
Enamel or Plated	With Clock Gauge	4	10	0	9	11	4	19	11
OR									
Size 5	With Accessories	4	10	0	10	11	5	0	11
Electric Hot Plate	With Clock Gauge and Accessories	5	5	0	12	6	5	17	6
Size 7	Without Clock Gauge and Accessories	4	5	0	9	5	4	14	5
Enamel or Plated	With Clock Gauge	5	0	0	11	0	5	11	0
OR									
Size 6	With Accessories	5	0	0	11	10	5	11	10
Electric Hot Plate	With Clock Gauge and Accessories	5	15	0	13	5	6	8	5
Size 8	Without Clock Gauge and Accessories	4	15	0	10	5	5	5	5
Enamel or Plated	With Clock Gauge	5	10	0	12	1	6	2	1
OR									
Size 7	With Accessories	5	10	0	13	1	6	3	1
Electric Hot Plate	With Clock Gauge and Accessories	6	5	0	14	8	6	19	8
	Without Clock Gauge and Accessories	5	5	0	11	6	5	16	6
Size 8	With Clock Gauge	6	0	0	13	1	6	13	1
Electric Hot Plate	With Accessories	6	0	0	14	1	6	14	1
	With Clock Gauge and Accessories	6	15	0	15	8	7	10	8

PURCHASE TAX STRICTLY NETT.

SEE OVER FOR PRICES OF SPARES AND ACCESSORIES.

SPARES AND ACCESSORIES.

Size	Super Stew	4	5	6	7	8	
*Lid Washers	2/6	3/-	3/6	4/-	3/6	4/-	doz.
Whistle Type Pressure Gauge	4/6	4/6	4/6	4/6	4/6	4/6	each
Plus Tax	1/-	1/-	1/-	1/-	1/-	1/-	
*Fusible Safety Valve (without cowl)	1/3	1/3	1/3	1/3	1/3	1/3	each
*Ditto with cowl	1/6	1/6	1/6	1/6	1/6	1/6	each
*Crossbar and Thumbscrew	3/-	3/6	4/-	4/6	4/-	4/6	each
*Thumbscrew	1/3	1/3	1/3	1/3	1/3	1/3	each
Lid Complete	12/6	13/6	14/-	15/-	14/-	15/-	each
Plus Tax	1/4	1/5	1/6	1/7	1/6	1/7	
*Wood Grips	6d.	6d.	6d.	6d.	6d.	6d.	each
*Rods and Nuts	1/3	1/3	1/3	1/3	1/3	1/3	each
*Bolt and Nut (including Washers)	1/-	1/-	1/-	1/-	1/-	1/-	each
*Washers for Whistle and Safety Valve	6d.	6d.	6d.	6d.	6d.	6d.	doz.
Set of Basket Containers	5/-	6/-	7/-	7/6	7/-	7/6	set
Plus Tax	1/1	1/3	1/6	1/7	1/6	1/7	
Combined Grid and Strainer	—	4/-	4/6	5/-	4/6	5/-	each
Plus Tax	—	5d.	6d.	6d.	6d.	6d.	
*Wire Grid Ring	—	1/6	2/-	2/6	2/-	2/6	each

Clock Type Pressure Gauge... 15/- nett Plus Tax 1/7

Clock Type Pressure Gauge Washers 6d. per doz.

	1½-lb.	2-lb.	3-lb.	
Pudding Basins (perforated or solid bottoms)	1/6	1/9	2/6	each
Plus Tax	2d.	2d.	3d.	

Wire Spoon..... 1/6 Plus Tax 4d.

PUBLICATIONS :

"The Art of Pressure Cooking," Price including Post, 8d.

"Preparing Waste for Feeding to Poultry," Price including Post, 8d.

When ordering state size of Cooker. Washers sold in minimum quantities of six. Carriage or Postage extra.

The Whistle is a precision job and only supplied as a complete unit. **Springs and/or Plungers are not supplied separately.**

***FREE OF PURCHASE TAX.**

no pam:
QT 235 1942 P41a

PARSNIP .

Scrape and clean. Place in Pentecon in ½ in. cold water. Salt to taste. Set whistle to No. 2. For extra large or old Parsnips set whistle to No. 3.

POTATOES. (Boiled).

Scrub or peel, place in Pentecon in ½ in. cold water, add salt to taste, set whistle to No. 2, or if old potatoes to No. 3. Medium gas.

POTATOES (Roast).

Cut potatoes if necessary, and dry thoroughly with a cloth, then place in Pentecon in sufficient boiling fat to cover, baste until golden brown, do not fix lid for 1 minute to allow moisture to evaporate. Set whistle to No. 2. Medium gas.

CEREALS, DRIED FRUITS and DRIED VEGETABLES.

PORRIDGE.

Mix the oats to a paste with cold water and salt to taste, place in Pentecon pudding basin on grid in cooker, standing in 1 in. cold water. Set whistle to No. 3. Medium gas. When the lid is removed a layer of liquid will be found on top of the porridge. This may be poured off or stirred into the porridge according to the consistence required. In any case stir porridge before removing from basin.

BOILED RICE.

Wash rice, pour into Pentecon in the proportion of one tablespoonful of Rice to three of cold water. Set whistle to No. 2. High gas.

DRIED FRUITS.

Wash and place in Pentecon with enough cold water to cover fruit. Sugar to taste. Set whistle to No. 2. Medium gas. It is not necessary to soak dried fruits previous to cooking, but if soaked set whistle to No. 1. High gas.

LENTILS, SPLIT PEAS, HARICOT BEANS and DRIED VEGETABLES.

Wash, place in Pentecon with sufficient water to cover food thoroughly. Set whistle to No. 4. Low gas. It is not essential to soak over night as is usually done, but if soaked whistle can be set to No. 3. Low gas.

PUDDINGS.

Note.—All boiled puddings should be cooked in the Pentecon basin supplied with the perforated bottom. Cover with greaseproof paper (instead of cloth) and perforate paper and top of pudding with a fork at intervals of about 1½ in.

Where in these Recipes we mention suet, we mean fresh Butchers' Beef Suet, not packet preparations.

BREAD PUDDING.

Break up 8 ozs. stale bread into small pieces, soak well in cold water, then strain and break down any lumps and squeeze dry. Stir in 2 ozs. sugar, 2 ozs. chopped suet, 4 ozs. raisins, a pinch of nutmeg and mix well. Add a well beaten egg and as much milk as is necessary to make the mixture moist enough to drop from the spoon. Pour into a greased Pentecon pudding basin, cover and place in Pentecon as *note* above. Set whistle to No. 4. Low gas.

BREAD AND BUTTER PUDDING.

Grease well the solid Pentecon basin, spread with a coating of jam and cover with thin slices of bread and butter. Fill in this way until basin is three-quarters filled. Pour over this a custard and let the liquid soak well in. Cover and place in Pentecon as *note* above. Set whistle to No. 3. Medium gas.

CHRISTMAS PUDDING.

Ingredients : ¾ lb. chopped suet, 1 lb. raisins, 1 lb. currants, 1 lb. sultanas, ½ lb. candied peel, 1 lb. sugar, 1 teaspoonful Baking Powder, 1 lb. flour, 2 ozs. sweet almonds, juice and rind of one lemon, 1 lb. breadcrumbs, 4 eggs, nutmeg, pinch of salt and enough milk or old ale to make right consistency.

Clean currants, stone raisins, put all the dry ingredients into a basin, blanch and chop almonds, add well beaten eggs, grated rind of lemon and the juice strained. Mix all thoroughly, ¾ fill greased Pentecon basin (with perforated bottom), cover and place in Pentecon as *note* above. Set whistle to No. 4. When whistle blows, take off gas, close whistle to F, allow steam pressure to subside then reset whistle to No. 4 and repeat process three times. Use low gas.

FIG PUDDING.

Finely chop 4 ozs. dried figs, add 3 ozs. chopped suet, 2 ozs, breadcrumbs, 2 ozs. flour, 2 ozs. sugar, pinch of salt, pinch of nutmeg and mix well. Beat 1 egg, add gill milk, pour into the mixture and stir well. Place in well greased Pentecon basin. Cover and place in Pentecon as *note* above. Set whistle to No. 3. Low gas.

MARMALADE PUDDING.

Mix well together 6 ozs. of finely chopped suet, 8 ozs. breadcrumbs, ½ teaspoonful of baking powder, pinch of salt. Beat two eggs and 4 ozs. of marmalade and when well mixed stir in dry ingredients. Grease Pentecon basin (with perforated bottom), pour ingredients into basin, cover and place in Pentecon as *note* above. Set whistle to No. 3. Low gas.

DATE PUDDING.

Mix well together 4 ozs. flour, bread crumbs, finely chopped suet, small quantity sugar if required, ½ lb. dates (stoned) pinch of salt. Mix into stiff paste. Grease inside Pentecon basin (with perforated bottom) place ingredients into basin, cover with grease proof paper (perforated) and place in Pentecon as *note* above. Set whistle at No. 3. Low gas.

PLUM PUDDING.

Mix well together 4 ozs. each flour, breadcrumbs, finely chopped suet, moist sugar, raisins (stoned), currants (washed and dried), teaspoonful of baking powder, pinch each of salt and nutmeg. mix into stiff paste. Grease inside of Pentecon basin (with perforated bottom) pour ingredients into basin cover and place in Pentecon as *note* above. Set whistle to No. 3. Low gas.

ROLY-POLY PUDDING (Boiled).

Mix 4 ozs. finely chopped suet, 8 ozs. flour, ½ teaspoonful baking powder, pinch of salt into a stiff paste. Roll out and spread with jam. Roll up, seal edges, wrap in cloth. Place on Grid in Pentecon in ½ in. of cold water. Set whistle to No. 4. Low gas.

SUET PUDDING (Boiled)

Mix 1 lb. flour, ½ lb. chopped suet, 2 ozs. sugar and 1 teaspoonful baking powder into a stiff paste with a little water. Grease the Pentecon basin and ¾ fill with the paste Place in Pentecon as *note* above. Set whistle to No. 4. Use low gas.

STEAK AND KIDNEY PUDDING.

Cut up small 1 lb. steak and ½ lb. of kidney. Parboil these in the Pentecon by setting whistle to No. 2 in in. hot water on high gas. Line a greased Pentecon basin (perforated bottom) with suet paste. Fill with the meat, add salt, pepper, chopped onion and parsley, and fill with stock. Cover with suet paste and cover and place in Pentecon as above *note*. Set whistle to No. 3. Use low gas. Start in hot water.

SOUPS.

Note.—Thickening and colouring matters should be added after the lid is removed by pouring in and stirring thoroughly while food is simmering on gas. See ***note*** re Salt Discolouration, bottom of page 9.

BEEF BROTH.

Brown in Pentecon in about 1 oz. butter, ½ onion (sliced), ½ turnip and ½ carrot. Add one quart cold water, 1 lb. shin beef cut into small pieces, a bouquet garni. 3 peppercorns, salt to taste. Set whistle to No. 3. Low gas. Strain, return to Pentecon and thicken as ***note*** above.

BEEF TEA.

Remove all fat, finely shred gravy beef. Place in Pentecon with as much water as beef tea required, adding salt to taste. Set whistle to No. 2. Low gas. Strain and remove all trace of fat.

BONE STOCK.

Either cooked or uncooked bones may be used. Place in Pentecon with little less water than stock required, but do not fill beyond the level of the handles. Add an onion, carrot and bay leaf. Salt to taste. Set whistle to No. 4. Low gas. Bone stock can be used instead of water for Pentecon cooking of soups and gravy. In measuring water allow nothing for evaporation.

CELERY SOUP.

Wash tablespoonful of rice, slice small head of celery, white part only, 1 small onion, melt ½oz. butter in Pentecon and fry vegetables for about 10 minutes, taking care these do not adhere to the bottom, add 1½ pints vegetable stock, bouquet garni, the rice, salt and pepper to taste. Set whistle to No. 2. High Gas. Strain through hair sieve, rubbing rice and vegetables through the sieve. Return all to Pentecon, add ½ pint milk, bring to boil, season to taste.

CHICKEN BROTH.

Cut up small boiling fowl, brown as in previous recipe. Add 3 pints of cold water, strip of celery, 2 cloves, blade of mace, 1 sliced onion, salt to taste. Set whistle to No. 3. Strain, return to Pentecon with 1 oz. previously boiled rice or pearl barley, simmer for a few minutes. Low gas.

LENTIL SOUP.

Brown in 1½ ozs. butter, ½ sliced onion, carrot, strip celery, bouquet garni, add 1 pint lentils (unsoaked if necessary), 1 quart of either stock or water, salt and pepper to taste. Set whistle to No. 3. Low gas. Rub through fine sieve, return to Pentecon, add ½ pint milk and bring to boil, thicken as ***note*** above.

MUTTON BROTH.

Cut 1 lb. scrag end neck of mutton into small pieces, add 3 pints cold water, salt, 1 small carrot, small turnip, small onion and strip of celery, 1 tablespoon pearl barley. Set whistle to No. 4. When cooked strain, return to Pentecon and sprinkle with 1 teaspoonful of chopped parsley, season to taste. Low gas.

PEA SOUP.

One pint of dried peas (either soaked or unsoaked), bones if any, 2 pints stock or water, add 1 onion, carrot, turnip, small piece celery. Set whistle to No. 4. Low gas. Rub through sieve, return to Pentecon adding ½ oz. flour, mix smoothly with either milk or water, bring to boil, season to taste and serve.

RABBIT BROTH.

Wash and cut a Rabbit in small pieces. Remove the liver, etc., slice 1 onion, small carrot and half a small turnip, strip of celery. Place in Pentecon with quart of cold water, add ½ lb. of bacon or pickled pork, a little rice, salt. Set whistle to No. 3. Low gas.

SCOTCH BROTH.

Cut 1½ lbs. scrag end of neck of mutton into small pieces place in Pentecon, add 2 quarts of water, pinch of salt ½ onion, ½ carrot, ½ turnip, ½ dessertspoonful of chopped parsley, 1 tablespoonful pearl barley. Set whistle to No. 3, drain after cooking and season to taste. Low gas.

VEGETABLE STOCK.

Slightly brown in Pentecon in about 2 ozs. butter. 1 pint of either Haricot beans butter beans or lentils. Add one sliced onion and one leek. Add 2 quarts of cold water, 2 carrots, 1 turnip, a piece of celery together with a few mixed herbs, six peppercorns, 2 cloves, 1 clove of garlic, a blade of mace. Set whistle to No. 4. Low gas. Strain the stock, first through Pentecon strainer and then through a fine sieve.

EXTRA LONG COOKING FOODS.

HAM.

If the Ham is very dry and salt through being hung a long while, let it remain in soak for about 24 hours, otherwise soak for about 8 hours. Wash thoroughly, place in Pentecon Add sufficient cold water to reach half-way up the ham. Set whistle to No. 4. Low gas. When whistle blows, screw down to F. When the pressure has subsided again, set whistle to No. 4 and recook. When cooked strip off skin ,sprinkle over with bread crumbs.

BRAWN

Take a cleaned Pig's Head, four trotters and a cow heel. Place in Pentecon with a pinch of cayenne, a few cloves, a sprig of parsley and salt. Add 3 in. cold water. Set whistle to No. 4. Low gas. After cooking remove all bones, cut meat in small pieces, season to taste and empty into brawn tin, pressing well down with weights.

COW HEEL.

Place in Pentecon in 1 in. salted water. Set whistle to No. 4. Low gas. When cooked remove meat from bone and serve with parsley sauce.

TONGUE (Boiled).

Place tongue in 1 in. cold water with teaspoonful of vinegar, 6 peppercorns, sliced onion. Salt to taste. Set whistle to No. 4. Medium gas.

PORK AND PEASE PUDDING (Boiled)

Tie one pint split peas in a cloth and place on the Pentecon in 2 in. cold water together with the leg or other joint of salted pork, add 1 onion, 1 carrot, 1 turnip, 1 parsnip, all cut into slices, also 12 peppercorns. Set whistle to No. 4, low gas. Serve with parsnips.

BACON (Boiled).

Soak well in warm water for an hour or two previous to dressing then pare off and scrape the rind as clean as possible. Place in Pentecon in 2 in. cold water. Set whistle to No. 4. Low gas. When cooked strip off the skin and sprinkle over with bread crumbs.

IRISH STEW.

Cut up 1½ lbs. neck Mutton. Slice 2 lbs. Potatoes, several Carrots, Turnips and Onions. Season with salt and pepper to taste. Place all in the Pentecon with slightly less water than Stock required. Set whistle to No. 3. Medium gas.

OX TAIL STEWED.

Wash well, cut at joints dividing thick parts in half. Brown in Pentecon without lid in about 2 ozs. butter or good fat. Remove from Pentecon and brown in the fat a slice of onion with 1½ ozs. flour. Then add about 1 pint of stock or cold water, season well and replace oxtail. Set whistle to No. 4. Low gas. Thicken as above *note*.

JAM.

Although, generally, we find that Users employ their own Recipes, we give below, three examples as a general guide.

The Points to Remember, when making Jam with a Pentecon are, that there is no evaporation of moisture whilst the lid is affixed, therefore, where water is usually added, reduce this in quantity to no more than a third, as excess water must be evaporated during the simmering process with the lid off.

Add sugar (dissolved) during the Simmering process, (with lid removed) stirring thoroughly.

MARMALADE.

Ingredients.—4 lbs. Crystal Preserving Sugar.
2 Lemons.
12 Oranges.

Method.

Wash and peel Oranges and Lemons. Slice up all the peel. Extract pips, and rub oranges and lemon fruit through a sieve (or the whole of the pulp can be used after extracting pips).

The pips should be placed in a muslin bag inside the cooker, when finished this can be taken out and discarded.

Rub a piece of butter the size of a Barcelona Nut on the bottom of the Cooker.

Place peel into Pentecon, with half a pint of water, and set the whistle to No. 2. Allow quick heat for one minute, then lower gas to medium. When whistle blows remove Cooker from gas, and close whistle down for ten minutes, then remove lid The peel is now perfectly soft.

Set Cooker on Gas, add juice and pulp (if used). Whilst bringing to boil stir in sugar. Leave to simmer with the lid off until a little will set on a plate or saucer.

Allow to coo' slightly, and skim.

APRICOT JAM.

Dry Fruit.

Ingredients.—2 lbs. Empire Apricots.
4 lbs. Preserving Sugar.
2 ozs. Almonds.

Method.—Wash fruit. Cover well with water, and soak for twenty-fours. Add a pinch of carbonate of soda (if not prejudiced against same). Smear a piece of butter, the size of a Barcelona Nut over the bottom of the Pentecon.

Place fruit in Pentecon, add water until this is 1½ inch up the side of the Cooker. Fix the lid, place on the gas, and set the whistle at No. 2. When the whistle blows, take off the gas immediately and leave for ten minutes. Open the whistle, and exhaust all pressure. Take off lid, and stir in the sugar gradually. Blanch almonds and slice, then place into contents. Bring to the boil slowly and simmer for half an hour with the lid off..

The whole process takes one hour. Quantity of preserve produced, approximately 10 lbs.

SOFT FRUIT JAMS.

Ingredients.—One pound of fruit to one pound of sugar.

Method.—Smear a piece of butter about the size of a Barcelona Nut over the bottom of the Pentecon. Place the fruit in the Pentecon with half a pint of water. Set the whistle to No. 2, and when it blows, tighten down, and leave for ten minutes. Remove the lid, and stir in the sugar whilst bringing to the boil on a medium heat. Simmer with lid off until a small quantity will set on a plate or saucer.

Strawberry Jam, etc., may need a little Gelatine or setting agent. Sour Apples or other fruit with high Pectin and /or acid content are suitable.

BOTTLING of FRUIT and VEGETABLES.

Success depends entirely on the bottle and contents being completely sterilised. Bottling must not be done in any other manner than most carefully. Vegetables must have greater care expended on them than fruit because the former often contain bacteria much more resistant to heat. Fruit contains more acid than vegetables which in itself is an aid to sterilization.

Prepare your fruit and syrup in the usual way not forgetting that fruit can be satisfactorily preserved in water. Pack your fruit into the bottles and add sufficient water or syrup to well cover the fruit, place the rubber band on the top lip of the bottle and fix the glass or metal lid, screw down tight and unscrew half a inch, this will allow any air driven off during sterilization to escape—this prevents damage to the bottles.

Cover the bottom of the Pentecon with folded paper or some other non-conductor of heat, and place the bottles in the Pentecon with inch of water. Fix the Lid and place over a low heat, set whistle at No. 1. which will give 10-lbs. pressure—240 F. or 116 C. When whistle blows keep your heat adjusted so that your whistle is " whispering "—blowing off steam without making the shrill whistle sound. Care should be taken to raise and lower temperature gradually before and after the actual sterilizing process. Tighten down seals immediately the bottles are removed from the Pentecon and place on a dry board to cool. When cold, preferably after the bottles

have been left overnight, the band or clips should be removed and each bottle lifted by the Lid; if the lid remains firm, there is a good vacuum, but if the lid comes away, it means that air has entered and the contents will not keep. A chipped lid, faulty rubber band or bad positioning may be the cause of a bad vacuum, this should be remedied and the sterilizing should be repeated. Whilst Expert's advice varies, the following table may be taken as a guide—

Steam pressure 10-lbs. at whistle setting No. 1.

Sterilize for	mins.
Asparagus, beans green, celery	25
Beetroot, carrots	30
Peas fresh,	35
Beans shelled,	30

The above sterilisation times are stated to be necessary by the Research Department of the Ministry of Agriculture and Fisheries, and are copied from Growmore Bulletin No. 3. S.O. Code No. 24-147-3-41.

A reliable Clock type pressure gauge can be supplied and fitted to the Pentecon at the cost of 15/-.

POULTRY MASHES.

Bones should be placed in the Pentecon with ½-in. of water. Place Cooker on the heat and set whistle to No. 4. Start with high heat and reduce after about two minutes to low heat. When whistle blows remove from heat, turn whistle to " F " and leave until pressure has automatically subsided, Except for very large bones, contents will be reduced to a condition very easy to pulp with a masher or pestil. Large bones may require the operation repeating, Marrow leaves the bones. Sinew jellies.

Fish heads and offal whistle setting No. 4.; most bones take on a consistency of jelly.

Kitchen scraps, place in Cooker with 1-in. of water, set whistle to No. 4. Green stuff, potato peel and such like are reduced to pulp.

If these scraps are fairly solid, it is best to occasionally lift the Pentecon from the heat and give the Pentecon a circular movement usually described as a "swirl."

Use the Grid Strainer supplied.

Mash for Layers. It is generally accepted that this should contain at least 10% by weight of animal food, i.e., meat or fish. Egg production is greatly assisted by this percentage.

Mash for Growers.—at least 5% weight of animal food.

NOTE.—Bacon scraps, cheese or milk are equivalent to animal food.
Layers need animal food daily, not irregularly.

A noted Breeder and Poultry Farmer says :—

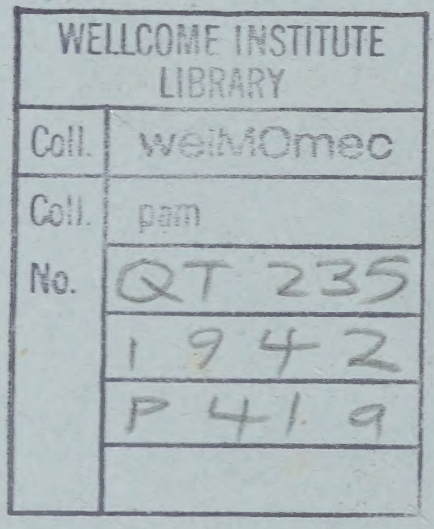
The (Pentecon) Pressure Cooker is the **only solution** to the War-time Poultry Food Problem.

DOG FOOD.

Prepare bones, etc., as above; the " splinter sharpness " of poultry bones is taken out by Pentecon Cooking.

Mould is destroyed by replacing " just turning " food in the Pentecon. (**Not for Human consumption.**)

Cooking on No. 4. whistle. Do not remove contents until 10 minutes at least has elapsed after closing the whistle.



Pentecon LIMITED. THE WONDER COOKER Points.

1. The **Pentecon** is 100% British.
2. The **Pentecon** is indispensible in every household.
3. The **Pentecon** effects a saving of about 80% in fuel and time.
4. The **Pentecon** is hermetically sealed when in use, **thus retaining the full value in the food it is cooking.**
5. The **Pentecon** cooks the toughest food in a few minutes only.
6. The **Pentecon** cannot burn or overcook if properly sealed.
7. The **Pentecon** requires no attention. **Automatic warning is given by the whistle as soon as sufficient heat has been applied.**
8. The **Pentecon** cooks so rapidly that a meal can be prepared with it only a few minutes before it is required.
9. The **Pentecon** varies your menu and enables you to have dishes at a moments notice which **under ordinary conditions would take two or three hours.**
10. The **Pentecon** cooks porridge, beans, dried peas, and all cereals which requires long soaking, in less time than it takes to cook potatoes under old-fashioned conditions.
11. The **Pentecon** completely **overcomes the problem of the unexpected guest.**
12. The **Pentecon** if left unopened will keep your food hot for a considerable time after cooking.

Pentecon
100% BRITISH.
THE WONDER COOKER

HINDLE ST. WORKS, ACCRINGTON

Telephone : Accrington 2856

POINTS TO REMEMBER

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IMPORTANT.

The success or failure of this appliance depends on the care and attention given to:—1. **THE WHISTLE REGULATOR.**

Each time after use, clean thoroughly the spring and plunger; also the inside and valve seating.

WHEN COOKING HEAVY QUANTITIES OF FOOD within the Cooker to avoid the contents consolidating, and excluding moisture between the Cooker bottom and the food, place the Grid Strainer supplied, in the Cooker before the food is put in.

DO NOT ATTEMPT TO REPAIR FUSIBLE VALVES; metal of a special formula is required for this purpose.

ROASTING—

When roasting **BE SURE** the fat has reached boiling point (signs, blue haze or stillness) **BEFORE** placing joint in the **PENTECON.** It should be remembered that when cold foods are placed in boiling fat, this takes the fat off the boil, so it is essential that you wait for the fat to come back to the boil **A SECOND TIME** before affixing the lid. Should the joint be of a solid nature, **REDUCE THE HEAT SLIGHTLY AFTER AFFIXING THE LID,** this allows the pressure to penetrate more slowly and ensures the joint being thoroughly cooked.

IT IS ESSENTIAL that foods be as **DRY AS POSSIBLE** before placing in the **PENTECON** when roasting.

NOTE—SEASONING—

Salt and pepper, thickening and colouring matters should be added after the lid is removed, thoroughly stir while the food is simmering on the gas. Pressure cooked food requires less seasoning, as most of the natural food salts, etc. are conserved.

STEWS, SOUPS, STOCKS & BROTHS—

You would use here nearly as much water as you wish to serve up stock because in **PENTECON** cooking there is no evaporation and as all foods contain a certain amount of moisture you would naturally finish with a little more liquid than you commenced with.

STEAMING—

Take care to use half-an-inch of water only, as this is sufficient for Vegetables, Fish, etc., and is all that is necessary for most steaming purposes. If large joint, such as whole Hams or Briskets, large Suet Puddings, etc., are to be steamed, use a little extra water bringing it up to 1 inch.

GREENS—

It should be remembered that in **PENTECON** cooking you are cooking with super heated steam and if you desire the Greens to be served up a bright green colour, it is essential that the Greens be cooked **ALONE** and must not be left in the **PENTECON** more than 5 minutes after the whistle has blown, otherwise they will tend to discolour.

—Blackburn Herald, Mincing Lane, Blackburn.